

Cheam Gymnastics Club
Recreational Floor & Vault Competition
Sunday 7th March 2010
CHEAM HIGH SPORTS HALL
Chatsworth Road, Cheam, Sutton, Surrey.

There will be three levels of competition. These will be defined as **Class 4**, **Class 5** and **Class 6**. There will also be an **Under 6** display of gymnastics skills. (Details on separate sheet).

Class 6: RECREATIONAL FLOOR and VAULT COMPETITION for **GIRLS AND BOYS** training regularly no more than **FOUR HOURS** per week.

Age Groups: Under 7; Under 9; Under 11; Over 11

Floor: A compulsory routine according to the age of the gymnast. **NO MUSIC REQUIRED.**

Vault: Height = 100 cms - Under 11 age group.

Height = 110 cms - Over 11 age group.

Handspring, Squat on, straight/star jump off; straddle over; squat through.

DEFINITION OF A RECREATIONAL = One who has not competed in a Class 5, competition, LGF Bronze or above, or competed for region, county, borough or otherwise.

Class 5: RECREATIONAL NOVICE FLOOR & VAULT COMPETITION for GIRLS & BOYS, GENERAL GYMNASTICS, training no more than **SEVEN HOURS** per week, **WHO HAVE NOT ACHIEVED AN LGF SILVER PIN (OR ABOVE).**

Class 4: RECREATIONAL INTERMEDIATE FLOOR & VAULT COMPETITION for GIRLS & BOYS, GENERAL GYMNASTICS, training no more than **SEVEN HOURS** per week, **WHO HAVE NOT ACHIEVED AN LGF GOLD PIN.**

Age Groups: Under 7; Under 9; Under 11; Under 13; Over 13; Under 15; Over 15.

(Age groups may be combined depending on entries & at the organizers discretion)

Floor: To include 10 **valid** moves as listed on the "Competition Format" sheet.

There is an additional bonus of 2.5 achievable by incorporating up to 5 "Element Group Requirements" (EGRs) into the floor routine.

Music: Floor music is **VOLUNTARY and OPTIONAL**, and should be NO LONGER THAN 90 SECONDS.

Vault: Handspring; straddle/squat over Handspring on ½ off & ½ on ½ off - Level 4 only.

Height = 110 cms - Under 11.

Height = 120 cms - Over 11.

DEFINITION OF A RECREATIONAL NOVICE OR INTERMEDIATE : A General Gymnast who has not competed at any artistic level. GYMNASTS WHO HAVE COMPETED AT REGIONAL, COUNTY OR HIGHER LEVEL, ARE NOT ELIGIBLE FOR THESE COMPETITIONS WITH THE EXCEPTION OF GYMNASTS AT LGF BRONZE, SILVER & GOLD LEVEL WHO FULFILL THE "PIN" REQUIREMENTS AS DESCRIBED ABOVE.

AGE OF GYMNAST AS ON DATE OF COMPETITION

A large number of entries is anticipated so we hope you will be able to nominate a **qualified** judge.

Clubs who cannot nominate a judge will be expected to contribute £20.00 towards judges expenses.

The success of this competition relies entirely on the integrity of clubs and coaches entering their gymnasts at the

CORRECT level. **Cheats will stick out, and will most definitely not be invited again.** So **BE HONEST and BE FAIR !!**

ENTRY FEE: £8.00 per gymnast

ENTRY FORMS TO: Mrs Heather Maxey
13 The Mount
Worcester Park
Surrey KT4 8UD
(020-8394-2102)

Due to the high level of interest in this competition, the size of entry may have to be restricted, therefore an early return would be appreciated.
email: cheamgymnastics@btinternet.com

ENTRY FORMS AND ENTRY FEES MUST REACH US BY SATURDAY 13th FEB 2010

AN EARLY RETURN WOULD BE APPRECIATED

NO LATE ENTRIES WILL BE ACCEPTED !

NO ENTRY FEE - NO ENTRY !